

It's time for...

# Self-Care

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In a world where we are constantly on the run, it's important that we take some time to repair and rejuvenate.

Self-care describes the practices we engage in that enhance our mental, emotional and physical health.

Here are some simple and effective activities you can do today to help start your self-care journey.

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**Tension Check-** Take a few moments to release tension throughout the day. Drop your shoulders, unclench your hands and jaw and take a deep breath.



**Healthy Eating-** Incorporate more fruits and vegetables in your daily diet for better health. Snack on some berries to nourish yourself with antioxidants!



**Exercise-** Go on a short walk, run or do simply five star-jumps for a quick energy and mood boost!



**Nature-** Aim to spend at least five minutes in nature each day. Enjoy the vibrant greenery and the interesting sounds around you.



**Journal-** Write down all thoughts and interesting situations you experienced throughout the day. Perhaps explore your creative side with some doodling!



**At Home Spa-** Light your favourite candle, play some calming music and relax in a bubble bath. Immerse yourself into a peaceful atmosphere.



**Meditate-** Sit comfortably in a calm space, close your eyes, and take deep breaths. Focus your awareness on your breath, and anchor yourself into the present moment.

